

Empower Hour

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UnitedHealthcare seminars cover health topics at no additional cost to you.

These seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you can email our speakers with your questions during the presentation and they'll respond during a question and answer session. Register to attend, and get information and tools to help you make informed health decisions.

Strength within: Build up your bones.

Kathleen Zelman, MPH, RD

May 9, 2017

12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

Protecting your bone health is easier than you may think — and so important. Bones do more than provide structure. They anchor your muscles and store calcium throughout your life. This seminar will help you understand the role of diet, vitamins, minerals, exercise and habits that may help keep your bones strong and healthy.



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Kathleen Zelman, MPH, RD

Kathleen Zelman is a nationally known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She has served as director-at-large on the Academy of Nutrition and Dietetics Board of Directors, and is the recipient of numerous national communication awards including the Academy's "Media Excellence Award" for her contribution and commitment to educating consumers about food and nutrition. Kathleen also received one of the Academy's highest honors, the 2016 'Lenna Frances Cooper Memorial Award' in recognition of a distinguished career and remarkable contributions to the profession.



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